

# Turkey Pot Pie

Turkey pot pie is a staple leftovers dish that many fear they can never again enjoy living a gluten free lifestyle. Several gluten free flours are available that work great for a pie crust. It's easy to make, though joining a top and bottom crust can be a challenge. Don't worry about joining the crusts. Enjoy the meal. Turkey pot pie can also be made from frozen leftovers, for a good early spring, or late fall meal. Or a great way to clean out the extra vegetables in the fridge after a long day. Frozen ones are available, as well.

## Pre Cook Preparation:

Marinate: No

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat
- D. Stay with meal to stir frequently

## Meal Adaptations:

### Physical Accommodations:

Cut meat into bite sized pieces before sitting down  
Frozen or canned vegetables can be used  
Long oven mitts and oven rack puller  
Sit on a stool while stirring

### Visual Accommodations:

Colored chopping boards

## Potential Food Allergy or Intolerance:

Broccoli  
Butter (lactose)  
Eggs  
Milk (lactose)  
Mushrooms  
Onions  
Pepper  
Potatoes  
Spices  
Turkey

**Meatless Preparation Avoid:****Butter****Eggs****Milk****Turkey****Substitute with: \_\_\_\_\_****Utensils:****Chopping board****Fork****Paring knife****Pot holders****Spatula****Spoon****Pan: 2.5 quart oven safe with lid****Ingredients:****Meat:****1 pound of sliced turkey****Vegetables:****15 ounces of carrots****15 ounces of peas****15 ounces of potatoes (diced)****Other ingredients:****1 baking mix (gluten free)****Verify amounts of extra ingredients:****1/4 cup of butter****2 eggs****Milk, or****Water****1 tablespoon of butter****Mushroom soup (gluten free)****Dash of salt****Spices, such as pepper, to taste****Preparation time: 10 minutes**

## **Preparation:**

### **Baking Mix:**

1. Combine in a mixing bowl.  
Verify package ingredients:  
1/2 cup of butter  
2 eggs  
1/4 cup milk, or  
1/4 cup water

### **Vegetables:**

1. Open cans of:  
15 ounces of carrots  
15 ounces of peas  
15 ounces of diced potatoes

### **Meat:**

1. Dice 1 pound of cooked turkey.

### **Combine in oven safe pan:**

1. Melt 1 tablespoon of butter and cover the bottom of the 2.5 quart pan.
2. Lightly tap and spread half of the baking mix into the bottom of the pan.
3. Add:  
15 ounces of carrots  
1 can of gluten free mushroom soup  
15 ounces of peas  
15 ounces of diced potatoes  
Dash of salt  
Spices, such as pepper, to taste  
1 pound of diced turkey.
4. Add the second half of the baking mix in small spoonfuls, spreading it across the top carefully.
5. Cut 2 small squares of butter (about 4 times the width of the knife) and break into smaller squares. Sprinkle on top.
6. Cover and place in oven.

**Cook Temperature: 350 degrees**

**Cook Time: 1.5 to 2 hours**

**Servings: 4**

**Storage Solutions: Square containers in individual servings with or without vegetables**

**Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 4 to 6 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave: Time and temp may vary.**

- 1. Place in a microwave safe dish (not plastic).**
- 2. Heat until food is fully hot and reaches a safe temperature.**
- 3. Minimum 2 minutes.**

**Add your microwave time here: \_\_\_\_\_.**

**Stove Top: Time and Temp may vary.**

- 1. Place food in frying pan.**
- 2. Add enough water to almost cover food.**
- 3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.**

**Add your stove time here: \_\_\_\_\_.**

**Oven Directions: Time and Temp may vary.**

- 1. Place in oven safe pan.**
- 2. Add a little water.**
- 3. Heat until thoroughly warm, about 20 minutes.**

**Add your oven time here: \_\_\_\_\_.**